

WELLNESS & PREVENTION WORKGROUP UPDATE

MARYLAND HEALTH QUALITY AND COST COUNCIL

JUNE 13, 2014

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CHAIR, WELLNESS AND PREVENTION WORKGROUP

AGENDA

- **5 Year Review**
 - Coordinated Chronic Disease Plan
- **Healthiest Maryland Businesses**
 - Value Based Insurance Design
- **Coordination of State and National Efforts**
 - State Public Health Actions Grant
 - Diabetes Efforts
 - Community Transformation Grant
 - Maryland Million Hearts
- **Action Steps**

THE WORKGROUP'S ACTIVITIES ARE STRUCTURED TO ALIGN AND SUPPORT HEALTH OBJECTIVES RELATED TO WELLNESS AND PREVENTION STRATEGIES, AS DEFINED BY THE MARYLAND STATE HEALTH IMPROVEMENT PROCESS (SHIP)

- Increase access to healthy foods (Objective 18);
- Reduce deaths from heart disease (Objective 25);
- Reduce diabetes-related emergency department visits (Objective 27);
- Reduce hypertension-related emergency department visits (Objective 28);
- Increase the proportion of adults who are at a healthy weight (Objective 30);
- Reduce the proportion of children and adolescents who are considered obese (Objective 31);
- Reduce the proportion of adults who are current smokers (Objective 32);
- Reduce the proportion of youths who use any kind of tobacco product (Objective 33);
- Reduce the proportion of hospitalizations related to Alzheimer's disease and other dementias (Objective 35);
- Increase the proportion of adolescents who have an annual wellness checkup (Objective 37); and
- Increase the proportion of children and adolescents who receive dental care (Objective 38).

5 YEAR REVIEW

REVISED MISSION AND FOCUS

- **Original**
 - The Workgroup identifies actionable wellness and prevention strategies. These strategies will be integrated into the chronic care management plan. The initial focus of the group has been on diabetes and obesity.
- **Proposed**
 - To help create meaningful change in health status by identifying actionable wellness and prevention strategies from the coordinated chronic disease plan.
 - Focus areas include diabetes, obesity, and hypertension.

STATE PUBLIC HEALTH ACTIONS GRANT COORDINATED CHRONIC DISEASE PLAN

- **Incorporates cross-cutting elements from:**
 - Maryland Comprehensive Control Plan
 - Maryland Nutrition and Physical Activity Plan
 - Maryland Heart Disease and Stroke Prevention and Control Plan
 - Maryland Oral Health Plan
 - Maryland Chronic Obstructive Pulmonary Disease Action Plan
 - Maryland Plan to Eliminate Minority Health Disparities
 - Maryland Arthritis Project
 - Maryland Million Hearts Initiative
 - Community Transformation Grant
 - Maryland Tobacco Control Program
 - Maryland Cancer Collaborative
 - Maryland Coordinated Chronic Disease Program.

HEALTHIEST MARYLAND BUSINESSES VALUE BASED INSURANCE DESIGN

- The state is working to help employers consider and construct VBID plan designs
- Healthiest Maryland Businesses is the vehicle through which Workgroup will demonstrate implementation of VBID through offering real world experiences to show what has been successful



COORDINATED EFFORTS STATE PUBLIC HEALTH ACTIONS GRANT

Year 1 ends June 30th

- **Finalizing year 1 activities focusing on schools, health systems, and clinical-community linkages**

School health dashboard with Office of School Health and the UMB School of Nursing

- **Purpose is to disseminate information to communities in an easily digestible format**
- **Information will include things like the Youth Risk Behavior Survey (YRBS) data and any data that MSDE collect**

DIABETES COORDINATED EFFORTS

- **Renewing efforts to outreach to diabetes self-management education (DSME) providers**
- **Diabetes Symposium June 26th**
 - Martin's West, Windsor Mill, MD
 - Discuss and share best practices among the providers
 - Education



COORDINATED EFFORTS COMMUNITY TRANSFORMATION GRANT

- **Closes September of this year (2 years early)**
- **Sustainability Plan**
 - Chronic disease prevention strategies are integrated in local health improvement coalition (LHIC) initiatives
 - Continued alignment and collaboration with LHICs will support sustainability beyond CTG funding



Communities Transforming
To make healthy living easier

COORDINATED EFFORTS MARYLAND MILLION HEARTS SYMPOSIUM

- 2014 Symposium: February 19, 2014
- Co-hosted by DHMH and Delmarva Foundation
- 300+ partners in attendance
 - Health Care Providers
 - Pharmacists
 - National/State/Local Public Health Professionals
 - Employers
 - Health Educators/Community Outreach Workers
- Sessions on implementation settings:
 - Schools & childcare
 - Worksites
 - Health care
 - Community



millionhearts.hhs.gov

SAVE THE DATE



2014 Maryland Million Hearts™ Symposium
Focusing on Hypertension Identification, Control, and Improvement

February 19, 2014
8:00 am – 4:30 pm

BWI Marriott
1743 West Nursery Road
Linthicum, Maryland 21090

[**Register Here**](#)

Contact ihpc@dfmc.org or 888.301.7894



This material was prepared by Delmarva Foundation for Medical Care (DFMC), the Medicare Quality Improvement Organization for Maryland, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy.
1020W-MD-IHPC-111713-481

COORDINATED EFFORTS MARYLAND MILLION HEARTS NEWSLETTER & SUCCESS STORIES



Maryland Million Hearts

...Aligning and Guiding State Efforts to Prevent
Heart Attack and Stroke

News and Events

[MD Million Hearts
Press Release](#)

[MD Million Hearts
Implementation
Guide](#)

[Calendar of Events](#)

Special Features



[Find Out YOUR risk
for a Heart Attack](#)

[Listen to Personal
stories & Learn about
Million Hearts](#)

June 2013

Welcome to the Maryland Million Hearts Newsletter!

About the Initiative

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke



What's Happening in Your Neighborhood

[A Healthy Reform/Healthy Business](#)

Johns Hopkins Community Physicians

A Million Hearts® Success Story

Million Hearts® is a national initiative to prevent one million heart attacks and strokes by 2017.



Improving Skills of Medical Assistants Boosts Efficacy of Blood Pressure Control

As the largest health specialty group practice in Maryland, Johns Hopkins Community Physicians (JHCP) cares for over 230,000 patients by means of 200 primary care physicians and another 200 specialists and hospitalists.

Medical assistants provide valuable clinical and administrative support in the primary care setting, performing a variety of tasks including patient intake and screening, administration of medications and immunizations, and measurement of vital signs including blood pressure. Quality control that assures the competency level of medical assistants is key for both efficiency of the practice and for positive patient outcomes. In the management of hypertensive patients, consistent and correct measurement of blood pressure is essential.

"While taking a patient's blood pressure may seem like a simple task, mistakes do happen—including number bias," explains Maura McGuire, MD, an Assistant Professor of Medicine at Johns Hopkins University School of Medicine. "Some staff may have a tendency to round up to 5 or 0 rather than recording the actual number."

JHCP At a Glance:

For Fiscal Year 2012
Primary Care Practices: 36
Primary Care Physicians: 200
Total Annual Patient Visits: 750,000
Blood Pressure Control Rate: 66%



Million Hearts® brings together communities, health systems, non-profit organizations, federal agencies, and private sector partners from across the country to fight heart disease and stroke.

COORDINATED EFFORTS

MARYLAND MILLION HEARTS

NEXT STEPS

- Continue partnership engagement to increase commitment and share resources
 - Disseminate Million Hearts materials and share with chronic disease stakeholders
 - Continue Development and distribution of monthly Maryland Million Hearts Newsletter
 - Disseminate Million Hearts Success Stories
 - Enhance Maryland Million Hearts website



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